

North Bay Regional Health Centre

How to Prepare for Your Surgery

The hospital will contact you for a telephone interview about your surgery or to schedule a visit to the Pre-Admission Clinic where you will:

- speak with a nurse
- receive teaching about your surgery
- receive instructions to follow the night before and morning of your surgery

If you have a scheduled visit to the Pre-Admission Clinic:

Please arrive 15 minutes before your appointment

(missing this appointment will delay your surgery date)

Go to the information desk inside the doors at the east main entrance of the hospital at 50 College Drive. Ask for directions to the Pre-Admission Clinic.

Bring all your medications in their original containers. This includes insulin, eye drops, patches, and puffers.

- Bring your MedsCheck review list if you have one from your pharmacist.
- Bring any papers given to you by your surgeon or their office staff.
- Bring your health card.
- If you have a power of attorney for personal care, an advanced directive, or living will, bring it with you.

Preparing for Surgery

Night Before Surgery

Do not eat, chew gum, or have candy after midnight until you have surgery.

• You may have clear fluids up until 4 hours before your surgery (apple juice, water, black coffee or tea, Jell-O, popsicles).

• **Do not** drink orange juice, milk, cream, or alcohol.

For babies:

- Stop breast milk **4 hours before** surgery.
- Stop milk or formula **6 hours before** surgery.

• It is best not to smoke or drink alcohol for **at least 24 hours** before your surgery (please speak to your doctor about programs or aids to help you stop smoking).

• For any surgeries **below your chin to your toes**, you will need to shower the night before and the morning of surgery with a special soap called **chlorhexidine gluconate (CHG)**.

This soap can be purchased at most pharmacies. Avoid getting CHG in the eyes, ears, mouth or genitals.

• **Do not** shave the area where you are having surgery.

Morning of Surgery

• Follow what the Pre-Admission nurse told you about your medications. If you are to take some, take with a sip of water.

• Remember not to take your diabetes medication but bring them with you to the hospital.

• Do not wear perfume, make-up, or nail polish when coming to the hospital.

• Please remove all jewelry and piercings before coming for surgery.

• Please do not bring any valuable belongings with you when you come to the hospital.

• Bring your health card.

• Please bring your denture cup, contact lens container, and eye glass case, as well as slippers if you are staying in hospital overnight.

• If you are not sure or have questions about what to do, call (705) 474 8600 extension 4900 and ask to speak with a nurse.

• Report to the information desk inside the doors at the East main entrance of the hospital at 50 College Drive. Ask for directions to Day Surgery (on level 3) to register.

Failure to follow the eating and drinking directions may result in your surgery being cancelled.



After Your Surgery (Post Anesthetic Information)

The effects of anesthetic may last for some time after you are awake and ready to go home. Due to this effect, another person **must** be at the hospital to take you home.

For the next **24 hours**, you should:

- be in the care of a responsible adult
- not drive or operate dangerous equipment
- not drink any alcohol
- not take any sedatives or tranquillizers (medicine that makes you sleepy)
- take the pain medication prescribed by your surgeon/physician

Note:


- You may experience some muscle stiffness.
- A sore throat is a common side effect in the first 48 hours after surgery.
- Begin drinking clear fluids (water, apple juice) and start eating solids only if you are tolerating the fluids well.

When should I worry?

Call your family doctor, your surgeon, or go to the nearest emergency department if:

- nausea or vomiting persists for more than 12 hours.
- you have severe pain or bleeding.

Important Reminders

1. **Do not shave** the area of your surgery for 7 days before your surgery. 
2. Make sure that you arrange for someone to drive you home and stay with you for the first 24 hours after your surgery.
3. Once you know when you are having surgery and your health worsens or you are in contact with any communicable diseases (e.g. chicken pox) **contact your surgeon's office right away**
4. If you live in Ontario and are on 3 medications or more, call to arrange a visit with your pharmacist to have a Meds Check review list created to bring with you to your Pre-Admission appointment.
5. Remember to **wash your hands** often to prevent the spread of germs.
6. During influenza (flu) season – November to April – we recommend you get your flu shot.
7. When you are called into the Day Surgery Department, as well as, after your surgery, you are allowed to have **one** support person with you (Exception is children who are allowed two support people).



Did you arrange for a ride home? Your surgery will be cancelled if you do not have a ride home on the day of surgery



Emergency admissions to the hospital or a shortage of beds could result in your surgery being rescheduled. Should this occur; every effort will be made to notify you and reschedule as quickly as possible.